

Norfolk
Department
of Utilities

Monthly
Report



At Work

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Utilities spends an evening "Under the Big Top"

Imagine marching below the illuminated skyline, surrounded by lions, tigers, clowns, and ringmasters, all glowing with the magic of the holiday season... That's being a part of the Grand Illumination Parade!

***Contributed by Ashley Obie, Intern
Department of Utilities***

On Saturday, November 19, 2005, the City of Norfolk celebrated one of its most exciting traditions. With 100,000 voices of the community counting down the seconds, the 21st Annual Holidays in the City Grand Illumination Parade began at 7 pm.

According to a small advertisement for the event on www.norfolk.gov, the Grand Illumination skyline, which outlines the parade, is a 20-mile stretch that is the hallmark of Holidays in the City, as well as a tribute to the holidays of the season: Thanksgiving, Hanukkah, Christmas, Kwanzaa and New Year's Eve.

Sponsored by Dillard's, The Virginian-Pilot, the City of Portsmouth, the City of Norfolk, Coca-Cola, Waterside Marriott, the Sheraton, the Radisson, and WVEC Channel 13 News, the parade began at the intersection of St. Paul's and Waterside Drive and ended at Granby and Charlotte streets.

The theme of the parade was "Under the Big Top", and Utilities' own, Peg Nelson, Elaine Sraver, Scott



The float: "Headin' for the Big Top"



Clown Barbara Howerin



Elephant trainer Rachael Clark



Engineers Nick DeFilippo and Sean Banks



Strongman Fred Mikoliczyk



Tightrope walker Amy Branch

Howerin, Jamal Dean, James Garland, Kevin Collins and George Tatarian made it come to life with the department's float.

"Actually, we had even more Utilities folks add their special talents to the float, and that made it all come together," said Peg Nelson, parade float coordinator.

With the help of family and friends, the float was a success, complete with ringmasters, clowns, an elephant trainer, a tightrope walker, engineers, a strongman, a lion tamer, moving animals, and one spectacular soundtrack.

After working for months, this team of Utilities employees truly put forth their best effort to create this marvelous float, utilizing their superb creativity and talents, as well as their valuable time.

Awards for parade floats went to the Great Dane Rescue of the Commonwealth, Mid-Atlantic Alternative Volleyball Association, the Beachcombers Corvette Club, Long & Foster Realtors (Ghent Office), the Metro Machine Corporation, and Copeland Mills School of the Arts for various categories offered by parade judges.

Unfortunately for Utilities, "Headin' for the Big Top" did not receive an award from the parade judges, but it will definitely go down in Utilities' history as the "Greatest **Float** on Earth!"

"As we worked on the float over the past couple of months, people kept stopping by to check the progress and give us words of encouragement. That was priceless and greatly appreciated...we had a wonderful time," said Nelson as a recap of the team's hard work.♦

A work of art in progress



Utilities to host Senior Staff meeting

Expert dietician will discuss the health benefits of drinking water

This month's senior staff meeting will be hosted by the Department of Utilities, and the theme will help jumpstart those New Year resolutions of becoming a healthier you.



The guest speaker will be Leslie Collier, a Registered Dietician and the President of the Tidewater Dietetic Association. Ms. Collier will speak about the many health benefits of drinking water, the role drinking water plays in physical fitness and the avoidance of health problems.

Ms. Collier is the Clinical Nutrition Manager at Shore Memorial Hospital on the Eastern Shore and holds a degree in Clinical Dietetics from Radford University. Ms. Collier was recently nominated as the 2005 Clinical Nutrition Manager of the Year for the Eastern Division by Sodexo, a food and facilities management corporation. In September she received a scholarship from the American Dietetic Association to research adolescent health and nutrition.

In her career as a dietician, Ms. Collier has worked as Nutrition Education Technician for Southwest Virginia Food Bank and as the Nutritionist Supervisor for the Cumberland Plateau Health District. She serves as a consultant for the Head Start Program and has lent her expertise to the Meals on Wheels organization, as well as consulting for the Northampton County and Accomac County Jails.

with partners from Eastern Shore Rural Health and Northampton High School, Ms. Collier is currently working on a grant-funded project called FIT (Fitness In Tune). FIT's goal is to educate teenagers on health and fitness and provide sound nutrition and physical activity information to overweight and obese teens.

Ms. Collier serves on the Board of Directors of the Eastern Shore Diabetes Control and Prevention Project, the Northampton County School Health Advisory Board, and the Eastern Shore Cancer Committee.

She has published several newspaper, magazine, and journal articles on food and nutrition and has served as an expert radio talk show guest, addressing various topics from cardiovascular disease to cancer. Ms. Collier serves as a member of WVEC, Channel 13's "Panel of Experts" on the topic of obesity and weight loss.

This month's meeting is scheduled for January 19 at 8 am and will be held in Council Chambers on the 11th floor of City Hall. A light breakfast will be served, followed by the meeting program, which will include a display about the topic and the introduction of the new Norfolk Pure label.♦